



Information After Advanced Arthroscopic Shoulder Surgery (Immobilization Necessary)

Arthroscopic Shoulder Stabilization (Bankart Procedure) • Arthroscopic Superior Labral (SLAP) Tear Repair

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DIET

You may resume a normal diet.

ACTIVITY

1. You may get out of bed and do your daily activities as tolerated.
2. The shoulder immobilizer should be placed on top of your clothing. The strap around the upper arm should be kept on at all times. The strap for the wrist may or may not be used, depending on your surgery. It can be removed as tolerated to allow exercise for the elbow.
3. Remove the immobilizer when you shower but keep the arm near the side of the body when it's off.
4. You may drive when you can do so safely, maintaining the operated arm near the side of the body in the immobilizer (the wrist support can be off).

PAIN AND SWELLING

1. The first few nights after surgery it is often more comfortable to sleep in a slightly upright position, such as in a reclining chair or propped up on pillows on a couch.
2. You will be given a prescription for narcotic pain medication which may make you drowsy. Do not drive or operate machinery while taking this medication.
3. Be sure to take the Celebrex twice a day for five days, starting on the morning of surgery with a sip of water. This greatly decreases the initial inflammation and pain of surgery (see separate handout).
4. Pain, swelling and bruising is expected after surgery and will gradually subside with time.
5. A blue cryocuff is placed on your shoulder at the time of surgery to provide compression and cooling to the shoulder beginning immediately after surgery. You should continue to use this device at home after surgery to relieve pain. You will be given a special shoulder cryocuff which attaches to the shoulder immobilizer.

WOUND CARE

1. Please remove the dressing the day after surgery and simply use Band-Aids to keep the incisions clean.
2. You are allowed to shower the day after surgery, if there is no drainage from the wounds, but do not take a bath.
3. The incisions may be sore and develop bruising over the next several days. This will gradually resolve and does not require any special care.
4. In the first week after surgery, do not apply creams or lotions to your incisions. After the staples come out you can apply vitamin E to the incisions once a day which may decrease scarring. In the first six months after surgery, the sun can cause the scars to become darker, so use sunscreen during this time period.

REHABILITATION

1. You will be placed in a shoulder immobilizer after surgery. This consists of a velcro waist band and two velcro straps. The velcro strap over your upper arm should remain in place, keeping your arm at your side. The velcro strap around your forearm may be removed at any time for activities of daily living and to allow your elbow to straighten out. (Depending on the type of repair, sometimes the forearm strap is not used at all.) The immobilizer should be removed only for showers, but keep the arm close to your body (within 2-3") during the shower. You will need to wear the immobilizer for 4-6 weeks after surgery.
2. During the period of immobilization, you may be given some simple home exercises. You will be started on physical therapy 4-6 weeks after surgery. Therapy lasts 6-12 weeks.

CALL YOUR SURGEON IF YOU HAVE ANY OF THE FOLLOWING

1. Temperature of 101.5 degrees or higher
2. Foul smelling drainage from the wounds
3. Chills
4. Pain not relieved by rest and pain medication
5. Redness around the incisions

RETURN VISIT

You will need to visit your surgeon about a week after surgery. The appointment is usually arranged before the surgery. You will probably receive a phone call from one of our nurses the day after your surgery to check on your progress. In addition, do not hesitate to call if any problems or questions arise before your appointment.